



## Best Carrot Cake

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

DESSERT

## Ingredients

- 2 teaspoons baking soda
- 0.8 cup buttermilk
- 8 servings glaze
- 8 ounce pineapple crushed drained canned
- 2 cups carrots grated
- 3.5 ounce coconut flakes flaked canned
- 3 large eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 1 cup pecans chopped
- 0.5 teaspoon salt
- 2 cups sugar
- 2 teaspoons vanilla extract
- 0.8 cup vegetable oil

## Equipment

- oven
- hand mixer
- wax paper

## Directions

- Line 3 (9-inch) round cakepans with wax paper; lightly grease and flour wax paper. Set pans aside.
- Stir together first 4 ingredients.
- Beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth.
- Add flour mixture, beating at low speed until blended. Fold in carrot and next 3 ingredients.
- Pour batter into prepared cakepans.
- Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out clean.
- Drizzle Buttermilk Glaze evenly over layers; cool in pans on wire racks 15 minutes.
- Remove from pans, and cool completely on wire racks.
- Spread Cream Cheese Frosting between layers and on top and sides of cake.

## Nutrition Facts



**PROTEIN 5.81%** **FAT 36.81%** **CARBS 57.38%**

## Properties

Glycemic Index:29.74, Glycemic Load:53.58, Inflammation Score:-10, Nutrition Score:19.120434740315%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 593.4kcal (29.67%), Fat: 25.01g (38.48%), Saturated Fat: 9.64g (60.25%), Carbohydrates: 87.71g (29.24%), Net Carbohydrates: 82.01g (29.82%), Sugar: 58.3g (64.78%), Cholesterol: 72.22mg (24.08%), Sodium: 497.41mg (21.63%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 8.88g (17.76%), Vitamin A: 5507.57IU (110.15%), Manganese: 1.31mg (65.53%), Selenium: 20.46µg (29.23%), Vitamin B1: 0.41mg (27.4%), Fiber: 5.7g (22.81%), Vitamin B2: 0.34mg (20.24%), Folate: 78.77µg (19.69%), Copper: 0.38mg (18.86%), Phosphorus: 166.86mg (16.69%), Iron: 2.79mg (15.48%), Vitamin B3: 2.52mg (12.6%), Vitamin K: 12.83µg (12.22%), Magnesium: 47.54mg (11.89%), Zinc: 1.53mg (10.22%), Potassium: 355.12mg (10.15%), Vitamin B6: 0.19mg (9.3%), Vitamin B5: 0.82mg (8.16%), Calcium: 74.63mg (7.46%), Vitamin E: 1.04mg (6.93%), Vitamin C: 4.91mg (5.95%), Vitamin B12: 0.27µg (4.51%), Vitamin D: 0.67µg (4.45%)